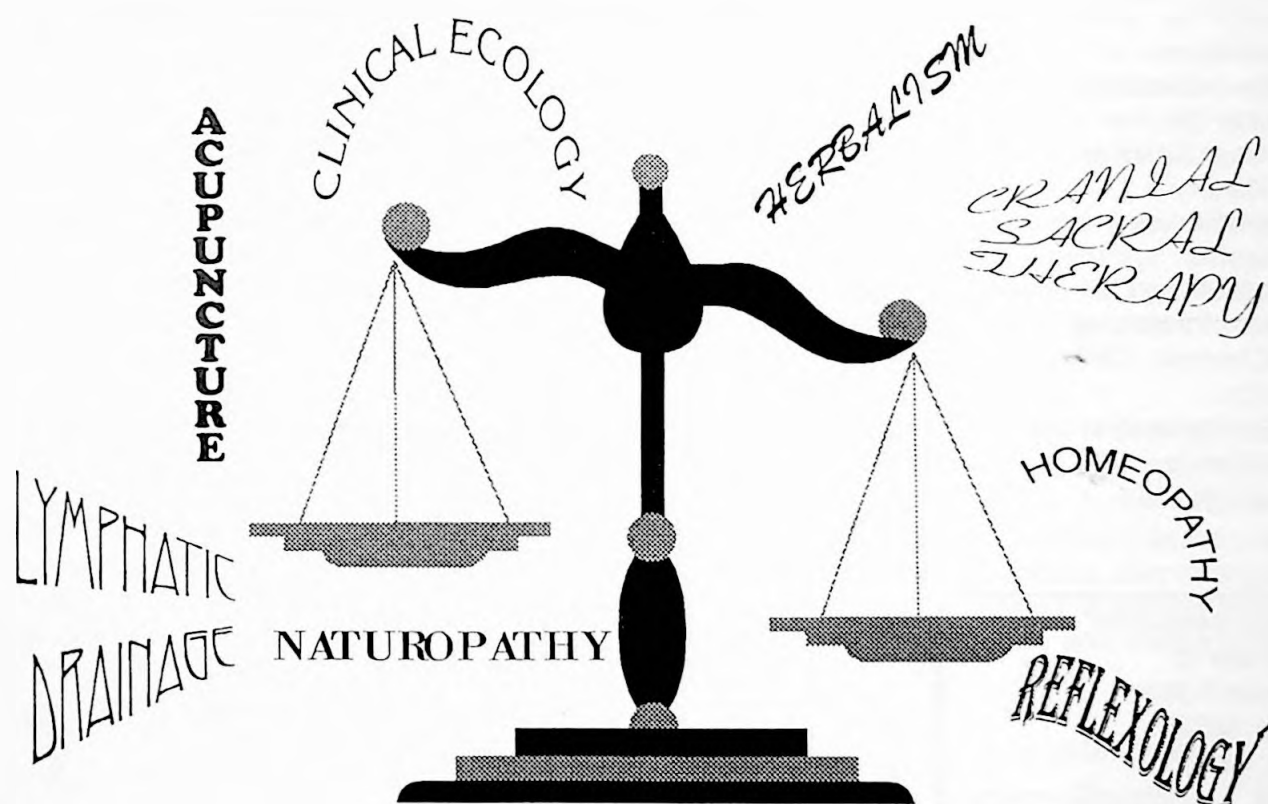


Ec-Sense



The Allergy and Environmental Health
Association of Canada
Association Allergies Santé et Environnement
du Canada
Ottawa



\$ 2.95

Winter 1994

OUR THANKS

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Note: Advertisements or articles do not imply that AEHA endorses any particular product or services mentioned therein. Readers with multiple sensitivities are advised to assess products carefully since individual sensitivities may vary.

We would like to thank those who have made donations to AEHA:

Tony Armstrong
Barb Bellin
Susan Browne
Johanne Falardeau

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Diana Hehner
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president's message

Last December, *The Health Practitioner's Act* was passed with the inclusion - at the eleventh hour - of the "Quality Assurance Clause". With this addition, a Quality Assurance Committee is given the authority to send special "assessors" to inspect the offices and records of patient care of health practitioners. They may do so without warning and without prior complaint. If the authorities judge the practitioner to be lacking satisfactory "knowledge, skill and judgement" they can order retraining for the practitioner or, otherwise, suspend his or her license. This clause puts our access to alternative medical care and treatments in serious jeopardy.

Please make your voice heard. For your convenience, a form letter is enclosed in this issue. Consider making multiple copies of this letter and sending them to Bob Rae, Ruth Grier, the leaders of the opposition parties (addresses in this issue) and to your provincial Member of Parliament, as soon as possible. You may also send your letters through **Citizens for Choice in Health Care** (formerly Coalition for Access to Preventative Medicine), Box 42264, Mississauga, Ontario L5M 4Z0, fax 1-905-895-5621. Sending your letter to this organization is a viable option for those unable to photocopy since the Coalition is willing to reproduce your letter and forward the copies to the politicians who need to hear your message.

The physicians who have had the courage to treat persons with environmental sensitivities with alternative treatments and technologies are on the line and need our support. Your personal letter is estimated to represent 10,000 letters; a form letter, 1,000 letters. Make your voice heard NOW. **Citizens for Choice in Health Care** is also attempting to raise funds for physicians, such as Dr. Jozef Krop, who face investigation by the College of Physicians and Surgeons for practicing "holistic" preventative medicine. The Ottawa Branch plans to design a button (part of the proceeds will go towards this cause). If you can help with this project, please call me at 825-8388.

Freedom of Choice in Health Care is another organization advocating for more general "freedom of choice" for health-related services. If interested, call Guy Graveline at 226-6302.



We are pleased to once again welcome Johanne Falardeau to the Board, this time as Membership Chair. Johanne previously served as Vice President and as our French-language telephone contact.

We wish to thank Penny Corbin for her long-standing commitment to the *Eco-Sense*. The quality of our newsletter over the last five or more years under her leadership speaks for itself. We wish you well in your new endeavour, Penny.

Thanks also to Estelle Drolet for accepting the job of editing our newsletter. The desktop publishing for this issue is compliments of Christine Croskery, Estelle's daughter. Our sincere thanks, Christine, for a job well done. We also wish to thank Lesley Ann Grant for looking after the distribution for several issues of the *Eco-Sense*.

We currently need a Board Secretary and a Publicity Chair. Please volunteer today. And please consider volunteering for the Board - any member of the Board would be glad to hear from you.

We look forward to seeing you at our **Annual General Meeting** on February 16th, 1995. Our guest speaker will be Anne Carter, who will talk about how relaxation and imagery techniques can be used in self healing. Please plan to attend our AGM to benefit from Anne's expertise and to let your voice be heard. If you are unable to attend, please send a proxy.

*We wish you and yours
a very Merry Christmas
and renewed health and happiness
in the New Year.*

Elizabeth Stutt.

TREATMENTS THAT WORK

by: Nancy Johnson

I have been reading articles on Marilyn McCleary and letters by Lynda Phillips with a sense of recognition as they outline their difficulties in finding treatment and in receiving OHIP coverage. I know from experience how difficult it is to find treatment and to find help with the overwhelming costs.

In 1988, I went to a private clinic in San Diego, similar to the Dallas unit, for EI treatment and for several years since 1991 I have been seeing Dr. Sherry Rogers, a well-known EI specialist in Syracuse. OHIP has refused any coverage for these treatments, even though, as we all know, there are no comparable treatments available in Canada.

I believe the establishment of a medical facility in Canada would help in focusing recognition and attention on this illness. It would help the development of new methods of treatment within the medical community. It would help patients become educated about the complex nature of EI and help to bring family and friends in on the process of healing. It would offer OHIP coverage. And, very importantly, it would help those who are catastrophically ill with EI by offering them a safer place in which to recover. I wholeheartedly support writing our politicians, such as Ruth Grier, stating our concerns.

This said, as an EI sufferer, who has gone to virtually every kind of practitioner who had something to offer, I feel that very effective treatments are coming from holistic therapies (particularly homeopathy, nutritional therapies, kinesiology, electro-magnetic therapies, acupuncture). These therapies continue to develop sophisticated methods of testing, diagnosis and treatment, using modern

technology and combinations of therapies. Personally, I believe these therapies represent the future of EI treatment.

There is much that can be done to create a more ideal environment for the adequate treatment of EI. The establishment of a medical facility may be part of it, but the existence of a community of health practitioners who are using holistic therapies is equally important. The establishment of a medical facility should not come at the cost of suppressing holistic therapies. Already, we have a situation where some of the most dedicated doctors treating EI - who are using holistic therapies because they have found them to be more effective than anything else they could offer - have been severely limited by the medical community. I would like to ensure that holistic treatments, and their practitioners, have a legitimate and professional place in the development of the treatment of this disease.

The treatment of EI is complex and difficult. As an EI sufferer I am interested in the treatments that work. The bottom line must be "what is working?".

I ask people to be vocal about the treatments they feel help them the most and to ask themselves what they can do to support its development and the health practitioners who are treating them. I believe it is not self-evident that people will receive the best care. I believe we will have to be vocal to ensure that the treatment we want is available, even with the establishment of a medical facility. I ask fellow EI sufferers to also discuss what treatments they want in their letter-writing campaign. We deserve the most effective route to health.

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YOUR RIGHT TO A DOCTOR OF YOUR CHOICE

by Reesa Greenberg

Imagine being denied access to a doctor who could give you a correct diagnosis. Imagine being prescribed a treatment for your illness by a doctor who is not specialised in EI. Imagine being unable to find a knowledgeable doctor to fill out insurance or disability forms for you. Imagine not having the guidance of a doctor experienced in EI to follow you through the various stages of the illness. In all probability, this is what will happen if the Executive Committee of the College of Physicians and Surgeons of Ontario is successful in its charges against Dr. Jozef Krop.

For the past 14 years, Dr. Krop has practised environmental and nutritional medicine with great success. He is one of Canada's leading practitioners and has "saved" many of his patients. If the College is successful in the charges of professional misconduct and incompetence for practising "unconventional" medicine, it is certain that Dr. Krop will not be the only EI doctor targeted and barred from practicing in Ontario.

Dr. Krop may not be your doctor but it is important that you help ensure that he is able to practice in the Province of Ontario. Losing this case could set a dangerous precedent and could prevent the development of better medical services for the EI community in Ontario.

Not all provinces discriminate against alternative therapies. The Nova Scotia government has established an EI clinic which will operate on a full-time basis. In order for such advanced resources to develop in Ontario, we must first strive to retain the few services we now have. Write a letter of support for Dr. Krop (see sample). His legal fees are estimated to reach \$500,000. Monetary support is welcomed. Tax receipts will be provided.

REMEMBER, UNLESS YOUR VOICE IS HEARD,
WE RISK LOSING WHAT LITTLE WE HAVE.
THIS IS NOT THE TIME TO BE SILENT.

Sample Letter for Dr. Krop

I appreciate the fact that you and other physicians like yourself offer safe alternative therapies and allow me to take more responsibility for my own health care.

I support you and physicians like you, who practise conventional and alternative medicine. I want to be able to continue to have the freedom of choice in medicine and health care. Yours truly.

MAIL TO:
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branch news

3^e jeudi de mai

DATES TO REMEMBER

McNabb Community Centre,
7:30 p.m.

Thursday, February 16, 1995
Annual General Meeting
& Ms Anne Carter
Relaxation and Imagery

Thursday, April 20, 1995
Ms Adele Stratton, N.D.
Explore Advanced Visceral
Therapy

Thursday, May 18, 1995
Dr. Lynn Marshall
Diagnostic Criteria for
Environmental Sensitivity

Workshop: A 3-hour workshop
on Lymphatic Drainage Massage.
January 14th from 9 a.m. to noon,
to be given by Myriam Bouchard.
Fee \$10. Call Kathy at 838-3106
to register. Location: TBD.

Social Evening: December 1st,
7-10 p.m. Calling all members
for a casual evening where
we can get to know each
other, exchange
information and useful
tips. Members needing moral
support will benefit from talking to
those who have overcome the
worst and have regained their
sense of humour. Just bring your
own mug to enjoy herbal teas.



French Translation: The AEHA, for financial reasons, has not been able to provide Francophone members, or would-be members, written information on environmental sensitivities. We need volunteers to translate the "Basic Kit", for final editing by a professional translator.

Family Benefits: Sonya Levesque at West End Legal (596-1641) is interested in hearing from anyone with environmental sensitivities who has applied through Family Benefits for special diets and vitamin supplements (as food rather than treatment).

MESH Ottawa Meetings: (Hintonburg C.C.)
Thurs. January 24, 1995 - 1 p.m.
ME Friendly Health Services

Wed. February 22, 1995 - 7 p.m.
Holistic Approach to ME

Support Group Roster: Our membership list is confidential, however, members interested in communicating by mail or phone with other members for support, information, or just for the purpose of socializing, are welcome to send in their name, address and telephone number, to our mail box address, to be registered on this "support group roster" which will be sent only to those interested.

DONATIONS: 1995 is just around the corner. Remember the AEHA is a registered charitable organization. Sixty percent of our membership fees go to National for their activities and towards the printing and distribution of the AEHA Quarterly. A donation to AEHA, Ottawa Branch, before 1995 may reduce your 1994 income tax. Tax receipts will be issued.

branch news

Many thanks to former member Judy Spence for single-handedly staffing a "membership table" at Ottawa Chemists on July 23rd. We need volunteers to staff the membership table next January 7th. Call Kathy at 838-3106.

Help Us Serve Others: The Questionnaire revealed that members do want to help but many are limited by their illness. Each and everyone of us can contribute by sharing the experiences we have had with this illness. Tell us, in written form or over the phone, your story. Information, such as what remedy (herb, supplement, enzyme, etc.) or what alternative therapy you credit with the greatest improvement in your health, can be important information for others. Have you had a particularly good (or bad) experience with a practitioner or health professional? Hindsight is always 20/20. What would you recommend others avoid or try? You may think your writing ability is not your best asset but don't let that perception deter you from sharing your knowledge.

Book Reviews: In our search to improve our health, we naturally read and read some more. Reviewing books you have read can be of great help to other members. As you read a book, keep these questions in mind: Is there information in this particularly book that I haven't read or heard before? Is the material easily understood by a lay person? Jot down your comments and the numbers of some particularly interesting pages at the back of the book as you go along. Then pass the information on to the *Eco-sense*. It can help others decide which books are worth a look.

Clippers Unlimited: It would be appreciated if members receiving out-of-town newspapers, environment or health-related publications, would send photocopies of



relevant articles to Estelle Drolet at 17 Andrea Crescent, Nepean, K2J 1G8.

Fund-Raising: The Entertainment Books are available through Kathy Dickinson at 838-3106. Save up to 50% on hundreds of restaurants, movies, theatres, sports, hotels, and products, (such as Glidden paints). These make great Christmas gifts.

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Price: \$279,000. at 6% interest rate for two years. Call J. McCulloch at 726-1136.

As always, we remind our members to do their homework before any major expenditure. It is recommended that members buying or building a house should either hire an environmental consultant or avail themselves of up-to-date information, from the Canada Mortgage & Housing Corporation, on materials more likely to be tolerated by E.S. people.

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Classy Classified is a free service to AEHA members. We will list what you want to sell, rent, give away or buy if it is suitable for the environmentally sensitive (excluding manufacturing or distributing companies).

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Attitudes Towards Environmental Sensitivities

Open Letter to Mr. G and the Mr. G's of the World

Dear Mr. G,



Today I encountered you in the halls of my child's school. It could have been in the supermarket, a disability insurance office, or in my workplace. You did not introduce yourself, but you did interject skeptical comments when I was dealing with a person of authority in my child's life. I felt a subtle hostility in your questions about my child's environmental sensitivities. You did not directly challenge my word. No, you simply planted seeds of doubt where they might take root in others' minds, and you subtly undermined my credibility and that of my child.

I want my child reassigned. I do not want her to continue to be exposed to your "guidance". You ask what you could have done wrong for me to make this request. After all, in this country we have the right to freedom of speech. Perhaps you defend your position by arguing that "political correctness" undermines our basic freedoms. Besides, you say, challenge strengthens children - it strengthens character, the ability to reason and to argue, and the capacity to deal with adversity.

Yes, Mr. G, adversity may strengthen some. However, children may learn another lesson from the treatment they receive. When children grow up with constant questioning of their experience by people in authority, they are invalidated. When the experience they relate is doubted again and again, they learn through this repetition to doubt their own truth. The result is children who no longer trust their own direct experience of the world, children who become ungrounded and divorced from reality. Yes, a character can be strengthened by such experiences if the child can rise above others' beliefs and stay true to themselves. But the past has shown that this

way of raising children produces so few strong souls - so few Nelson Mandelas, so few Martin Luther Kings - among so many who bear signs of damage. Should we continue to destroy 999 out of every 1000 as a means of gaining a few courageous people who can overcome such adversity?

Your attitude toward my child conveys an obvious disbelief in her illness. Perhaps you think that even if she is truly affected by chemicals within the school, that she is one of only a handful of such people in the world, a small minority who do not matter. But what if my daughter plays the role of canary in a coal mine? What if she is the warning that all of the children in your care are on the same path in the mineshaft and are being exposed to the same eventual fate. How then can you oppose accomodating the differences of children with environmental sensitivities when this can only have the effect of benefitting all students and staff by improving the quality of the air that all must breathe. (over)



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Attitudes - cont'd

What was it that I said that you found so unbelievable? That chemicals could cause a child to become ill where others were less obviously affected? It is now known that chemicals of the kind in question cause illness in humans, so that cannot be what you are challenging. Was it because my child continues to be affected after you no longer detect fumes yourself? I'll remember this, Mr. G, when you are shovelling your driveway (next to mine) and suddenly clutch your chest and fall to the ground gasping for air. I am not affected by shovelling a little snow. You say your cardiologist says you have a weak heart and I should call 911? Come now, Mr. G, we have the same dentist; he's highly educated and has had years of medical training. He saw you only yesterday and told me you looked fine. So, instead of calling 911, I'll advise you to buck up, pull yourself together and stop asking for special treatment. After all, ambulances and health care are expensive.

Mr. G, if I sound angry, it is because I am. But I am hopeful, too. I invite you to become part of the solution rather than part of the problem. A more sensitive and compassionate attitude would be a tremendous help. I realize, however, that you might continue to oppose us. In this case, you will find your belief that challenge strengthens coming true. It will materialize because you will face a group, strengthened in our beliefs by our numbers. Rest assured that as the indefensibility of your position is increasingly exposed, we will be vindicated. Know that we will persevere and that the changes we need will be made. Maybe your school will not adopt them this year. But in the foreseeable future, we **will** be accommodated everywhere - because it is the right and compassionate thing to do and because otherwise a small minority will unfortunately continue to flourish.

Yours, Leslirae Rotor

The AEHA Education Committee is working in a positive way to effect the necessary changes for our children to survive, succeed and thrive in schools. In November 1993, we submitted a presentation to the Royal Commission on Learning and we have developed a package which can be used by parents for information sessions to teachers, parent groups or school boards. This package will be available soon, for \$10. Send your request to:

P.O. Box 33023, Nepean, Ont., K2C 3Y9.

If any part of this letter strikes a cord in you and you want to be part of making effective changes in our schools, come to our meetings with your ideas or help us with plans in progress. Activities are generally more calm and reasoned than the above letter might suggest, but are motivated by the same passions. Our activities run the gamut from personal support for a low-key approach for those having a problem with the school your child attends, to support for human rights actions and province-wide re-education of Ministry and school officials. Call Elizabeth Stutt at 825-8388 for the time and place of the next AEHA Education meeting.

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products

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- spray items outdoors or in a very well ventilated area;
- never around children
- never use a hair dryer to speed the drying of the volatile organic solvents
- wash hands when finished
- * never around people known to have respiratory problems or E.S.
- * dry items outside

CRAYONS: For a list of children's crayons (limited to wax crayons), modelling clays and water paints which do not contain lead, write or phone (953-8088) Health Canada, Product Safety Bureau, Place du Portage, Phase I, Hull, P.Q. K1A 0C9. (*Market Place* Oct 94).

Environmental products: paints, solvents & polishes, 100% unbleached cotton garments/bedding, barrier cloth, mattress covers, pillow covers, pillows, cotton/carbon masks from: Healthy Environmental Alternative Lifestyles, 5568 Falkland St., Halifax, N.S. B3K 1A5, tel: (902) 425-0133. Free catalogue.

Members wishing to join an organic food buying club (not a co-op), are asked to contact Susan Bright at 824-0368.

Organic geese, ducks, guinea hens, and turkeys available at reasonable price from Mariposa Farm, Plantagenet, Ontario. Phone (613) 673-5881. Orders should be placed one week in advance. Reduced price for bulk orders.

Tipbits

Mites - To get rid of mites in your children's cuddly toys, put them in the deep freeze in an airtight plastic bag for a full two to three days. This is particularly good for toys such as teddy bears, which are easily damaged by hot water. (*Prevention* Sept. 94).

Mould in tubs and showers. To quickly remove water drips from your tub or the ceramic tile walls in the shower, a squeegee (\$3. at Canadian Tire) is efficient and fun for the kids too. Get the one with a white plastic edge instead of the black rubber which leaves black marks on the tub. (*AEHA Update*, Spring 94 - N.S. Branch).

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Above available at Mark's Work Wearhouse, 1541 Merivale Rd., and 2016 Ogilvie Rd., Ottawa. Mark's Work Wearhouse is located in each province. Call 1-800-661-1266 to obtain a catalog.

Silk Underwear has long been prized for its insulating qualities. Silk Crew Men's (top) (product code # 0327-015) and Long Johns, (0327-031). Women's Crew (#0327-023) Women's Long John's (#0327-056) \$29.50 each. Silk Singlet, (no sleeves-Unisex) (#4001-772) at \$21. (Suggestion: wear silk underwear under unlined wool pants for comfort).

Canvas Hat. A classic hat with a wide brim. 10 oz 100% cotton duck, brass snaps, and grommeted ventilation holes. Shoe lace-type strap holds hat down on windy days. - \$26. (Similar in looks as the Tilley hat - if you know what that is but at a

lesser price). (Product code: #0314-625).

100% Silk Balaclava. Stretches to 20%. Black or navy. One size. \$10. (Product code: # 0314-104)

Above at Mountain Equipment Co-op, 5 Beechwood Ave., Ottawa, (at the end of the Vanier Parkway) tel: 745-1094. Other locations are Vancouver, Calgary, Toronto. MEC membership is \$5.00. For catalogue or ordering by phone call: 1-800-663-2667. You must have your membership number on hand, your product code, Visa or Mastercard number. Parcel post \$4.50.

Items and clothes sold at Bridgehead, 20 James St., Ottawa, (567-1455 or 1-800-565-8563) are handcrafted and made of either **100% cotton, wool or silk.** You can find such items as shoe bags, shaving kits, satchels, purses, carry bags, placemats, pillowcovers, bedspreads, duvet covers, sofa throws, Dhurrie rugs, chenille bathmats.

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medical

Three cheers for Nova Scotia. The Nova Scotia Medical Society voted to establish a Complementary Medicine Section for physicians practising alternative or complementary therapies. These include such treatments as acupuncture, homeopathy, nutrition therapy and others beyond the traditional boundaries of conventional medicine.



It's the first time any medical association in Canada has agreed to establish such a group. The section is expected to serve as a forum for the discussion and exchange of clinical information. (*Health Naturally*, Oct/Nov 1994 and CBC Radio, *Morningside*).

Victoria General Hospital, Halifax, now has a **SPEC-T** scan and Workers' Compensation is accepting these scans as evidence of brain dysfunction related to environmental sensitivities.

The Nova Scotia Environmental Medicine Clinic at Halifax's Victoria General Hospital is believed to be the only government funded clinic of its kind in the world. The clinic is headed by Dr. Gerald Ross, who is based at the Environmental Health Center (EHC) in Dallas, Texas and flies in for 10 days every two months. There are currently 600 people on the waiting list.

A new clinic will be opening in Halifax in the future to diagnose environmental sensitivities, sick building syndrome, chronic fatigue syndrome, high blood pressure, migraine headaches, etc., and will include research. It will take at least one year to have a new and appropriate site ready. More on this topic in a future *AEHA Quarterly*.

SEIZURES - A woman from Bristol, VA, reported that after 38 years of suffering from epilepsy, which had started when she was 10 years old, she succeeded in reducing her seizures (as many as 26 seizures a month) to about one per month by removing caffeine completely from her diet - that is no coffee, tea, soft drinks or chocolate. She reports being on the lowest dose of seizure control medicine ever. She had been repeatedly assured by her doctors that the small amount of caffeine in her diet could not be the cause of her seizures. Ref: *Prevention*, Sept. 94.

Long time members of AEHA will remember viewing a short BBC film called *Not all in the Mind* at our monthly meeting of June 8, 1978 about a young woman suffering from epilepsy. She had so many episodes of epilepsy that a brain operation was scheduled as the only method of treatment. Fortunately, she heard about the work of Dr. Richard Mackarness, author of a book bearing the same title (1976). Sublingual/provocative allergy testing showed that she was hypersensitive to caffeine. With the complete removal of caffeine from her diet her seizures disappeared. (Referenced book is in the AEHA library). "People who wish to test their sensitivity to caffeine should avoid caffeine entirely for a period equal to three times the length of time that usually occurs between seizures. If you're having a seizure once a week, for example, stop for at least three to four weeks and see if it makes a difference" advised an article in *Prevention*.

A quote from the above book will explain how it may work. "Wilder Penfield, the Canadian neurosurgeon and neurophysiologist, has shown that experimental irritation of small, circumscribed areas on the surface of the brain will evoke the same memories and emotional responses in the same subject whenever the stimulus is applied at that

particular spot. If an electrode carrying a weak electric current - such as that used by Penfield - has this specific effect time after time, then a localized allergic reaction, involving as it does swelling, lack of oxygen and chemical irritation, may be expected to have a similar, repeatable effect whenever a specific area of brain cells is involved.

Allergists know that every allergic person has his/her special "target organs" areas of the body which tend to be involved in allergic reactions time after time. In one person it will be a particular patch of skin, in another the lining of the nose or gut, and in a third it will be an area of brain tissue. If this piece of brain tissue happens to be in the part of the brain responsible for muscular movement, the manifestation of the allergy may be an epileptic seizure."

There may be several causes for any given medical problem but investigating the least intrusive methods, first, may be a less traumatic and wise choice. Sometimes medical conditions are so serious and severe, it is hard to believe that the solution is simple.

Transfusion Allergy: Of the half million Canadians receiving platelet transfusions each year, between one-third and one-tenth have allergies as a side effect. Doctors traditionally believed patients were allergic to white blood cells that sit inside platelets.

The September 94 issue of the *New England Journal of Medicine* states that the reaction is caused by hormones called cytokines, which increase in concentration the longer the platelets are stored in plasma.

Now that the cause is known the reactions can be prevented by separating plasma from the platelets before transfusing them or by

filtering blood when it is first donated, so the toxic hormones don't form. Dr. John Kelton, chief of medicine at Chedoke-McMaster, Hamilton, says that allergic reactions to blood products will be wiped out around the world within a year.

Reactions after a transfusion include flu-like symptoms. Within an hour, patients are suddenly cold, with chattering teeth and a fever, with reactions lasting three to four hours. For a few patients, these allergic reactions to platelets can be fatal. *Ottawa Citizen*, [OC] Sept. 9, 94.

SAD - Seasonal Affective Disorder. During the winter months, 1/4 of the adult population suffers from a lack of sunlight causing apathy, depression, lethargy, insomnia and a craving for carbohydrates and sweets. The shorter winter days ration our sunlight, which our body's clock needs to keep our sleep/wake cycles regulated. For most people, this rationing isn't a problem. But according to circadian-rhythm researchers, the light shortage throws the cycle off. The other mechanism behind this malaise may be due to chemicals in the brain, such as melatonin, a hormone secreted rhythmically by the pineal gland, a walnut-size structure behind the midbrain. Research suggests that the more melatonin there is, the more likely you'll feel drowsy or depressed. Melatonin production peaks in darkness, while sunlight suppresses it. Another chemical implicated is serotonin, which decreases in dark, cold times, suggesting that our craving for carbohydrates is the body's attempt to restore serotonin function. Ref: *Prevention* Feb 93.

The latest treatment consists of using the intensive light therapy differently. It is programmed to wake you up over several hours which simulates gradual sunrise. Dr.

medical

Michael Terman of the New York Psychiatric Institute says that although closing your eyes cuts out a certain amount of light, a tremendous amount is still getting through. The brain is still able to see light even when eyes are closed and this is sufficient to trigger a brain response. With regular use of the **Dawn Dusk Simulator** in the bedroom for a week, winter depression was eliminated in 75% of the subjects. Ref: *The Health Show*, P.O. Box 500, Stn "A", Toronto, Ont. M5W 1E6, tel:1-800-663-3607.

The lights are used at clinics and research facilities, such as University Hospitals (University of British Columbia, Vancouver; Royal Victoria Hospital (Allen Memorial Institute, Montreal), Camp Hill Medical Centre (Halifax N.S.); New York State Psychiatric Institute (Columbia Presbyterian Medical Center, New York, N.Y.) and the National Institute of Mental Health (Bethesda, M.D.).

The "Day-Lights" emit a "softer light and have built-in controls which virtually eliminate light hazards, including ultraviolet (UV) and blue light. There are contraindications, however, such as patients with glaucoma, cataracts, retinal detachment, retinopathy and those who might be at risk (for example, predisposing factors of diabetes). Some people switch from the lethargic state to an over-active state. The guidance of a clinician skilled in the use of light therapy is important.



The Dawn Dusk Simulator is CSA approved and will be distributed by: Daylight Technologies Inc., 3266 Yonge St., Suite 1211, Toronto, Ont. M4N 3P6 - tel: 1-800-387-0896, Fax: (416) 480-1539. Different models are available and sell from \$200 (no stand) to \$330 with adjustable stand., and replacement bulbs at \$26. (plus GST, PST and shipping).

(Editor: The Dawn Dusk Simulator lights are not used at the Royal Ottawa Hospital, Ottawa, according to Dr. Horn. "These lights are still in the experimental stage with not enough literature on the topic yet, here or in Europe". He recommends caution as this is new technology with no scientific regulations. "We don't know yet what wavelengths can be harmful on a long term basis").

Cold Sensitivity. For less than 1% of the population, a rapid drop in temperature can cause an allergic reaction, says Dr. Martin Valentine of the John Hopkins Asthma and Allergy Centre in Baltimore.

Some people develop painful, itchy rashes, welts "cold-induced urticaria". In severe cases, sufferers wheeze, faint, or experience a swelling of the windpipe. For swimmers, the sudden shock of cold water can be fatal. It's not the absolute temperature, it's a quick temperature change - a 15 degree celsius variation. Going into highly air-conditioned surroundings and then outside on a hot summer day can trigger the reaction.

The symptoms are caused by the body's overproduction of histamines. The condition can usually be controlled with specific antihistamines, such as Atarax or Reactine. You may have to carry adrenaline, if the symptoms involve more than the skin. No one knows what causes it. Some sufferers develop a sensitivity to temperature drops after first experiencing an acute allergic reaction to a bee sting or penicillin, or after they develop certain viral illnesses, such as infectious mononucleosis.

To test for the allergy, hold an ice cube against the skin. Anyone with the condition will get an itchy welt, resembling a mosquito bite and rising one fourth inch or more above

the skin. Ref: *The Baltimore Sun* & reproduced in the *Toronto Star* - 1992.

If you look at the blood vessels at the base of a person's nails under a high magnification microscope you will find, in normal people, that the capillaries (blood vessels) in and around the nail are plentiful and straight explains Dr. S. Weiner, associate clinical professor of medicine/rheumatology at California Univ. In secondary Reynaud's, associated with connective tissue diseases, the number of capillaries is reduced and the vessels are swollen and tortuous in shape. If the capillaries are abnormal, doctors must obtain blood tests to determine which connective tissue disease is hiding behind the cold sensitivity. Ref: *Glamour Magazine* - Feb 93.

(Editor: One of our members reports that blood tests do not always uncover connective tissue disease. In her case, it was diagnosed after developing an egg size lump on one knee (previously reported knee pain was classified as "old age" by a physician). The x-ray result only, indicated the presence of Calcium Pyrophosphate Deposition Disease (CPDD), a type of arthritis.)

Porphyria and MCS Symptoms - Another Chemical Connection by Gordon P. Baker, M.D. Although porphyria is considered to be a rare hereditary disease, which most doctors have probably never seen, Dr. William Morton, at the Oregon Health Sciences University noticed a similarity of symptoms of porphyria with those of his patients who have had toxic exposures. Tests showed that, in fact, many of his patients have this rare disease. Unlike multiple chemical sensitivities, porphyria is a known disease that is recognized in the medical literature and textbooks. It has an accepted diagnostic

code. It is induced or caused by known drugs and chemicals. Ref: *Our Toxic Times*, Aug 94. A 4-page article on this topic is in our AEHA library and more information will appear in a future *Eco-sense*.

JANUARY WORKSHOP (January 14) - Lymphatic drainage is a specialized massage technique. Directly massaging the lymph nodes and skin stimulates the lymph glands to drain toxins and impurities away from the body's extremities so they can be eliminated. When these glands become clogged or overworked, the immune system is weakened, thereby providing less resistance to disease. Lymphatic drainage therapy is used primarily to treat swollen tissues, as in sprains, and helps in the recovery from chronic inflammation, such as sinusitis, allergies, excema, acne, arthritic conditions and ulcers. It is also used in the treatment of digestive tract disorders such as constipation and ulcerative colitis. Some authorities list contraindications: A history of cancer, cardiac insufficiency, extreme exhaustion, phlebitis.

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books

The Whole Way to Allergy Relief Prevention:

A Doctor's Complete Guide to Treatment & Self-Care

by Jacqueline Krohn, MD with Frances A. Taylor, MA and Erla Mae Larson, RN

Like many people with chemical sensitivities, my symptoms change as I move through the illness. I found I was going back into books that I had read searching for bits of information that at the time were not relevant. Months later, I couldn't remember where I had read what I wanted to find out. What I needed was one book that would serve me through my many phases. I found it in Dr. Jacqueline Krohn's book.

This book works as well for beginners as for those of us who have had the illness for a long time. It is intelligently written, clearly organized and assumes no knowledge on the part of the reader. She has included quite detailed yet easy to follow explanations of the immune, endocrine, nervous and digestive systems and their relationship to the illness. When I am having trouble figuring out connections, I go back to her beginning chapters because I know I have to look at what is happening in my body with a fresh perspective.

The section which I find most useful is the one on nutrient supplements. This is the most complete list of supplements and their properties that I have found. I often get a clue about what may be wrong and how to right it by rereading this section. For someone like me, with ongoing problems with amino acids, Dr. Krohn's explanations of the links these have to neurotransmitters is invaluable. Her point format allows easy and quick reading.

There is a fairly comprehensive section on Solving Everyday Problems - everything from

sore throats to bee stings. As always in this book, multiple options are given and these are clearly laid out. For example, in the candida remedies, Dr. Krohn includes geranium, thyme oil, goldenseal douches and tea tree oil as well as more standard approaches. There is a Guide to: Surgery, Dental Care, a very good section on Detoxification and an excellent list of methods to fight everyday infections. Each time a remedy is given or proposed, detailed instructions are provided. Dr. Krohn takes the "self-care" of her title seriously and attempts to furnish her readers with the knowledge they will need in a wide variety of situations. Finally, unlike so many books, Dr. Krohn includes information relevant to Canadians. Her book can be ordered through Hartley and Marks Ltd., 3661 West Broadway, Vancouver, B.C. V6R 2B8. (Around \$25.).

Reviewed by: Reesa Greenberg.

A Return to Love

by Marianne Williamson

"In the traditional Western medical model, a healer's job is to attack the disease. [...] A miracle worker's job is not to attack illness, but rather to stimulate the natural forces of healing. We turn our eyes away from sickness to the love that lies beyond it. No sickness can diminish our capacity to love."

Whether she is describing the principles of hell, God, self, surrender and miracles or explaining their application in the context of RELATIONSHIPS, WORK, the BODY (health) and HEAVEN, Marianne Williamson's style is clear, simple, direct (with a pleasant touch of irony as an antidote to boredom) and her approach, positive, balanced and no-nonsense. *A Return to Love: Reflections on the Principles of a*

Course in Miracles offers an accessible introduction to the Course but, more importantly, makes for thought-provoking reading to stir those who are sick or afraid away from despair and help them focus on love. You will want to believe in miracles, guaranteed.

Reviewed by: Johanne Falardeau.

Book Search - Years ago, over five for sure, I lent my hardbound copy of Dr. Crook's book *The Yeast Connection* to a female member of the organization. Memory works in strange ways - I can remember being surprised that she did not own a copy herself because she was very knowledgeable on the subject, but I cannot remember who "she" was. I really miss this, now outdated and more than likely annotated, bible as part of my EI environment, etc., collection. Would all of you who are thinking "not me" right now be so kind as to also take a look in your personal library, just in case my book ended up on your bookshelf? Thank you, Johanne F. (837-7173).

Multiple Chemical Sensitivities and their Relevance to Psychiatric Disorders - Workshop Proceedings, Ottawa, Ontario, December 7, 1992 (147 pages). Copies are available from: Bureau of Chronic Disease Epidemiology, Laboratory Centre for Disease Control, Health Canada, Tunney's Pasture, Ottawa, Ont., K1A 0L2. Tel: (613) 941-8630 or Fax: (613) 941-2057. Version française disponible sur demande.

A group of medical experts, health researchers, representatives of professional and lay organizations, provincial and federal governments, and individuals with a special interest in the issue participated in the workshop. Eleven doctors from Canada and the U.S. gave presentations at this workshop.

The Mental Health Division and the Laboratory Centre for Disease Control of Health Canada organized this workshop with the following objectives: a) to stimulate further research into Multiple Chemical Sensitivities (MCS) and advise on research priorities; to consider the operational definition of MCS proposed by Miller and Ashford* and, if thought to fit, to promote its use in further research; and b) to assist practitioners in the management of persons who present with a syndrome that is compatible with a diagnosis of Multiple Chemical Sensitivities (and its discrimination from psychiatric illness) by providing an appropriate background document.

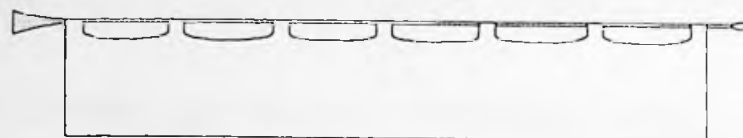
**Chemical Exposures: Low Levels and High Stakes* by Nicholas A. Ashford and Claudia S. Miller.

HEAVEN S(c)ENT



Earlier this summer (1994) the Boise United Methodist Church introduced a service especially for people who are sensitive to unnatural fragrances and petroleum-based fibres like polyester. "We discovered that people with that problem are very isolated in the community", said the pastor, the Rev. R. Tom Tucker. The special service is held in Boise United Methodist Church's 75-seat chapel, made of untreated materials: the chapel's walls are Arizona sandstone, the floors are marble and flagstone and the pews are natural wood. Ref: OC, 27 August, 1994.

Worship for the Chemically Sensitive - Thanks to Pastor Linda Thomsen (a new AEHA member) a fragrance-free church service will be held Sunday, December 11, 1994 at 7.30 p.m. at St. John's Lutheran Church-Chapel, 22 Willow Street, Waterloo, Ont. (886-1880).



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